to our neighbors from UC·San Francisco

Community Committee: Patient TV Education

Plans are underway to bring closed-circuit TV health care programming to patients recuperating in Moffitt and UC Hospitals. Possible programming is now being screened by the UCSF Closed Circuit TV Community Advisory Board which hopes to have programming available to patients' rooms by March of this year. The Board's next meeting is scheduled for Jan. 13 at 4 p.m. in Room 723 of the Ambulatory Care Center at 400 Parnassus. It will discuss programming suggestions and is open to citizens and neighbors with an interest in the project.

Laguna Honda School Children to Paint Street Mural

A 120-foot mural will be painted on the Parnassus Avenue side of the fence surrounding the new School of Dentistry site at Fourth and Parnassus. Paint will be supplied by the University; artists will come from the Laguna Honda Elementary School. Work will begin when the 4 to 6 graders return from Christmas vacation on January 3 and is expected to last about two weeks.

Parking/ Transportation

The University is continuing its efforts to ease traffic and parking congestion in the neighborhood. During November, 190 spaces were added to the UC Garage through restriping. Most of these spaces have been added to the patient and visitors area of the garage to enable us to provide enough space for patients coming to the hospitals and clinics. The UCSF-Community Parking/Transportation Committee is currently outlining recommendations for the duties and goals of an independent traffic consultant the campus will be hiring to develop further means of alleviating traffic congestion.

666–1131

That's the number to call if you have any questions or problems concerning construction.

UCSF Science Enrichment for Four Public Schools

Representatives of UC-San Francisco are now working with parents and school officials from Grattan and Dudley Stone Elementary Schools, Herbert Hoover Jr. High and MacAteer High School to begin a pilot program of science enrichment conducted by UCSF faculty, staff and students for students at these four schools. The program will provide for the University to "donate" a professor, staff member or health sciences student to work with science classes in his or her own specialty. The students may have the opportunity to learn biology from an anatomy professor, about transplants from a member of the kidney transplant service or of speech problems from an otolaryngology (ear, nose and throat) student. Students interested in health careers will be able to learn about what it's like "on the inside." It is hoped that UCSF health professionals will be paired up with neighborhood science classes by the spring quarter of this year. If the pilot project is successful it may be extended to additional schools. For more information call Tom Gwyn, UCSF Director of Public Service Programs, 666-3206.

Classes —Registration Now

UCSF is offering classes this winter in aerobics, aquafitness, ballet, belly dancing, body awareness, calligraphy, construction jewelry, crafts (mixed media), cuisines of India, disco dancing, eclectic dancing, exercise, Feldenkrais movement, fencing, folk dance, gymnastics, housing happiness, jitterbug, juggling, karate, macrame, meditation, penny pinching publicity, shiatsu massage, soulology, stained glass, swimming, tai chi, tap dance, water color painting, water safety instructors certification, weight training and yoga.

Children's classes are being offered in Gymnastics (Beginning Tiny Tot, Intermediate Tiny Tot, Beginning, Intermediate and Children's), Trampoline, Ballet and Swimming (Infant, Tiny Tot and Red Cross Children's).

Registration, which started Monday, Dec. 27, continues through the first class meeting, which in most cases is during the second week of January. It will take place at the Athletic Control Desk of the Guy S. Millberry Union, 500 Parnassus Avenue, from 10 am—9 pm weekdays, 9 am—5 pm Saturdays and 1—5 pm Sundays. All registration must be handled in person.

For more information regarding class descriptions, sizes, schedules and fees, call 666-2019 or 666-1800.

Outdoors Unlimited

Outdoors Unlimited is a community resource center for outdoor activities. All activities are free or nearly free because they are initiated by volunteers. Activities this quarter will include skiing, kayaking, kayak building, whitewater rafting, backpacking and bicycling. To find out more about their scheduled programs, drop by their office at 1309 3rd Avenue, Monday—Friday, 11:30 am—1:30 pm and 4—6 pm; or give them a call at 666-2078 during the same hours.

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(See other side for Calendar of Public Events.)

to our neighbors

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Calendar Public Events through January 31

Performing Arts

ALEXANDRA HAWLEY and **KENNETH ZIEGENFUSS** present a program of Bach, Schubert and Rivier. Thu., Jan. 20, Noon, Cole Hall, FREE.

SAN FRANCISCO CONSERVATORY OF MUSIC presents a series of performances including String Quartet, Brahms Horn Trio, Baroque Ensemble, Piano Trio and Choral Group. Exact programs and dates will be announced later. Fridays, Jan. 21—Feb. 25 (except Feb. 11) Noon, Cole Hall, FREE.

Films

COLE HALL CINEMA shows feature-length movies in Cole Hall in the Medical Sciences Building. Admission is 75 cents for children under 14 and $1.75 for adults. Scheduled for:

Fri., Jan. 7, 7:00 & 9:15—**Alice Doesn't Live Here Anymore** starring Ellen Burstyn and Kris Kristofferson.

Fri., Jan. 14, 7:00—**Casablanca** starring Humphrey Bogart and 8:45—**Play It Again, Sam** starring Woody Allen.

Fri., Jan. 21, 7:00 & 9:15—**Taxi Driver** starring Robert DeNiro.

Fri., Jan. 28, 6:30 & 9:45—**Vixen** and 7:45—**Beyond the Valley of the Dolls.**

NOON FILM SERIES—Comedy Shorts. Thursdays, Noon—1 pm, Cole Hall, FREE.

Thu., Jan. 13—**Men of War** with Laurel and Hardy; **I'm No Angel** with Mae West; and **The Pharmacist** with W.C. Fields.

Thu., Jan. 27—**The Gold Rush** (silent) with Charlie Chaplin and **Foreign Legion** with Abbott and Costello.

Lectures

APPLYING HOLISTIC METHODS FOR HEALTH MAINTENANCE
A 5-week course in Humanistic Psychology, Mondays, Wednesdays, Thursdays, Jan. 17 through February 17, 3—5 pm, 664S or 7—9 pm, 301HSW, $100 or $8 per session.
1st week—Preventing Anxieties
2nd week—The Psyche and the Soma
3rd week—From Reaction toward Action
4th week—The Totality Concept
5th week—Sources and Resources

Note: The next series is open only to those enrolled in **Applying Holistic Methods for Health Maintenance.**

Intensive Human Energies Workshop with Jack Schwarz, Tuesdays, Jan. 18—Feb. 15, 7:30—9:30 pm.

Ways toward Optimal Health and Living without Distress—an open lecture with Jack Schwarz, Wed., Jan. 12, 8 pm, Cole Hall, $3.

GAY PEOPLE AND THE HEALTH CARE COMMUNITY
Mondays, Noon—1pm, 303 HSW, FREE
Mon. Jan. 17— **Gay Lifestyles**
Mon. Jan. 24— **Gay Health Care Providers**
Mon. Jan. 31—**Gay Men—Clinical Information**

ART HISTORY Slide Lectures Tuesdays, Noon, 301HSW, FREE. Tue., Jan. 18 & 25—Tut-Ankh-Amun, boy-king of Egypt.

STILLPOINT INSTITUTE
Tue., Jan. 18, 8 pm, 300HSW, FREE. A. Sujata will present a discussion-experience of the interrelatedness of Buddhist insight meditation and Gestalt therapy.

TRANSCENDENTAL MEDITATION with Dr. Ronald Baker. Mon., Jan. 17, 8 pm, 214S, FREE.

Tours

UCSF provides tours of the campus every Tuesday and "Brown Bag Tours," in which participants bring a brown bag lunch and tour the "host" department, on Wednesday. All tours are free. For more information call 666-4394.

Tue., Jan. 4, 11, 18 and 25—**Campus Tour,** Medical Science Bldg. Lobby, 1 pm, FREE.

Wed., Jan. 5, 12 noon—Brown Bag Tour of **Communication Office for Research and Teaching/ Motion Pictures (CORT),** 664S, FREE.

Wed., Jan. 19, 12 noon—Brown Bag Tour of the **Dentistry Department,** 701C, FREE.

Wed., Jan. 26, 12 noon—Brown Bag Tour of **Communication Office for Research and Teaching/Television (CORT),** SB45, FREE.

Biofeedback Symposium

Sat-Sun. Jan. 22-23—**"BIOFEEDBACK, MEDITATION & SELF-REGULATORY THERAPIES."** Sheraton-Palace Hotel, San Francisco, $65 registration fee. A symposium presented in conjunction with The Institute for the Study of Human Knowledge will feature Kenneth Gaarder, M.D., Professor of Psychiatry, University of Texas Health Science Center; Neal E. Miller, Ph.D., Professor of Physiological Psychology, Rockefeller University and Robert E. Ornstein, Ph.D., Associate Professor of Medical Psychology, UCSF, among others. The symposium will present a critical overview of the most important research and clinical application of biofeedback, meditation and other self-regulatory therapies. Intended primarily for physicians, nurses and other health professionals, it is also open to the public. For more information call 666-2894.